

How to:



Anjaneyasana Low Lunge

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Step your right foot back and drop your knee to the ground.
- Inhale and lift your arms up overhead, lengthen your spine and look up.

MY EXTENDED SCRIPT (what I like to talk about in this pose)